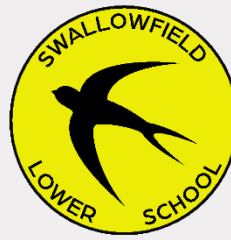




Progression in PE



SUPPORT • NURTURE
INSPIRE • ACHIEVE

The Journey Starts

All children to achieve a GLD by end of Reception

Competition

Children will be introduced to competition - Intra / Inter Sportsday / School Games



Early Years

Swimming

Children will learn water safety and confidence in the water



Swimming

Children will begin to learn self rescue and basic strokes



The Body

Children will start to learn about their bodies

Year 1

Hygiene



Children will learn about the importance of Hygiene & Well-being

Competition Increases

Children will have opportunity for more sports and quality of competition increases to include county / regional finals



Health

Children will learn about the importance of Healthy Eating, Sleep, Well-being

Community Clubs

Children will be encouraged to join local clubs - Exit Routes / Sign-posting

Key Stage 2



KS2 Games

Will explore transferable skills, knowledge & understanding

Year 2



Leadership

Children will have opportunity for Sports Leadership



Children will begin to learn self rescue and basic strokes

Year 3



OAA

Pupils in KS2 will have the opportunity to visit different environments for OAA including residential

Year 4



Strategies, Tactics, Rules, Roles

Children will develop greater understanding of strategies, tactics and rules for sports.

Children will leave with a love of PE, physical activity & sport. At High School they will engage in opportunities, clubs, teams. They will choose an active, healthy lifestyles

Sports Specific Skills

Children will learn specific sports skills within lessons applying them in different scenarios and related sports

